UCSF JOURNAL

Ruth Gordon: State's First Woman Structural Engineer

"The right man for the job may be a woman." Ruth Vida Gordon certainly gives meaning to that statement. The first woman registered as a structural engineer in the State of California, she currently works as a district structural engineer in the Office of the State Architect and is the construction supervisor for Joseph M. Long Hospital (Moffitt Modernization), one of her more than 50 public school and hospital construction projects in San Francisco, San Mateo, Sonoma, Santa Cruz, Monterey and Marin counties.

Gordon's love for life, evidenced by a vibrant and contagious enthusiasm, is readily apparent when you meet her. Immediately, she makes you feel at home and comfortable — like a favorite aunt. Whether discussing work, family, interests or beliefs, she does so with vigor, excitement and wit. Despite her very active, full schedule she always gives the impression of being unhurried, delighted to be doing just what she's doing at the moment.

Gordon received her BS in civil engineering from Stanford University in 1948, and her MS in structures the following year. She recalls an occasion when, as an undergraduate, she and the one other female engineering student were called into the office of the dean of the School of Engineering and told in no uncertain terms that engineering was a man's field, that women had no place. Fortunately, neither heeded this advice.

An ardent believer in the rights of women to enter all fields of employment, Gordon has participated in symposia, conferences, seminars and panels in career opportunities for women. Recently, she was among the group who chained themselves to the Pacific Stock Exchange on behalf of the Equal Rights Amendment. It was the 60th anniversary of the ratification of the 19th amendment. "The suffragettes did it for me," explained Gordon. "I figure I can do it for my children."

Gordon herself was drawn to engineering because she had a special interest in mathematics, and, according to her, only two fields that involved math were open — teaching and engineering. Knowing that teaching was not for her, she chose engineering.

Challenges and new opportunities come frequently to Gordon, and she manages to rise to each occasion with a sense of delight, bringing the same piquancy to pursuits outside engineering.

Gordon and her family — husband Michael Schnapp and three grown children, Madeline, Marcia and Michael — share a hobby that they all enjoy. They are avid sailors and are the proud owners of *Pegasus*, a 33-foot oceangoing sloop they built themselves.

She laughingly says, "It's the only boat in the world constructed in accordance with Title 21, which is the California regulation for safety of construction of school buildings. I carefully supervised when this boat was being put together." The family sail together as often as possible; and they spend their summer vacations sailing in the Sacramento Delta region.

Gordon's children have been influenced by their mother's choice of career in planning their own. Her son is presently doing graduate work in seismology at the University of Colorado; one daughter is already a seismologist; and the other daughter is a college student at UC-Santa Barbara.

A question frequently raised, Gordon says, is what is the reaction from her male peers? She recalls that, in 1953, when she first applied for membership in the Structural Engineers Association, a technical organization, and was finally admitted after a delay of several months, she and her male colleagues were told that she could not enter the all-male Engineers Club for their lunch meeting! The meeting was moved, and the club has since changed its policy.

She admits that she still encounters some resistance from men at construction sites, but adds, "Construction — especially when you're dealing with specialized buildings — is a very small world. There are so few structural engineers, period, and so you know each other. Moreover, our procedures are known to the people who are running the project. Oh, sometimes I'll get a sexist remark, but very, very little. If they have a problem, they want it solved, so often their reaction is, "Hey, we're glad you're here, because we've got this — can you help us?"

Yes, she usually can help, because in her present state position she provides the necessary inspection for enforcement of the Field Act for seismic safety of public school buildings and the Alquist Act for safety of hospital buildings; orders and approves modifications and changes for school and hospital construction; approves building inspectors; checks for structural deficiencies; and consults with and advises engineers, architects, public officials, hospital administrators, enforcement officers and others.

It's true — the best man for the job could well be a woman — if it's Ruth Gordon you mean . . . structural engineer, sailor, wife, mother, warm and lively person.

Molly McGinty

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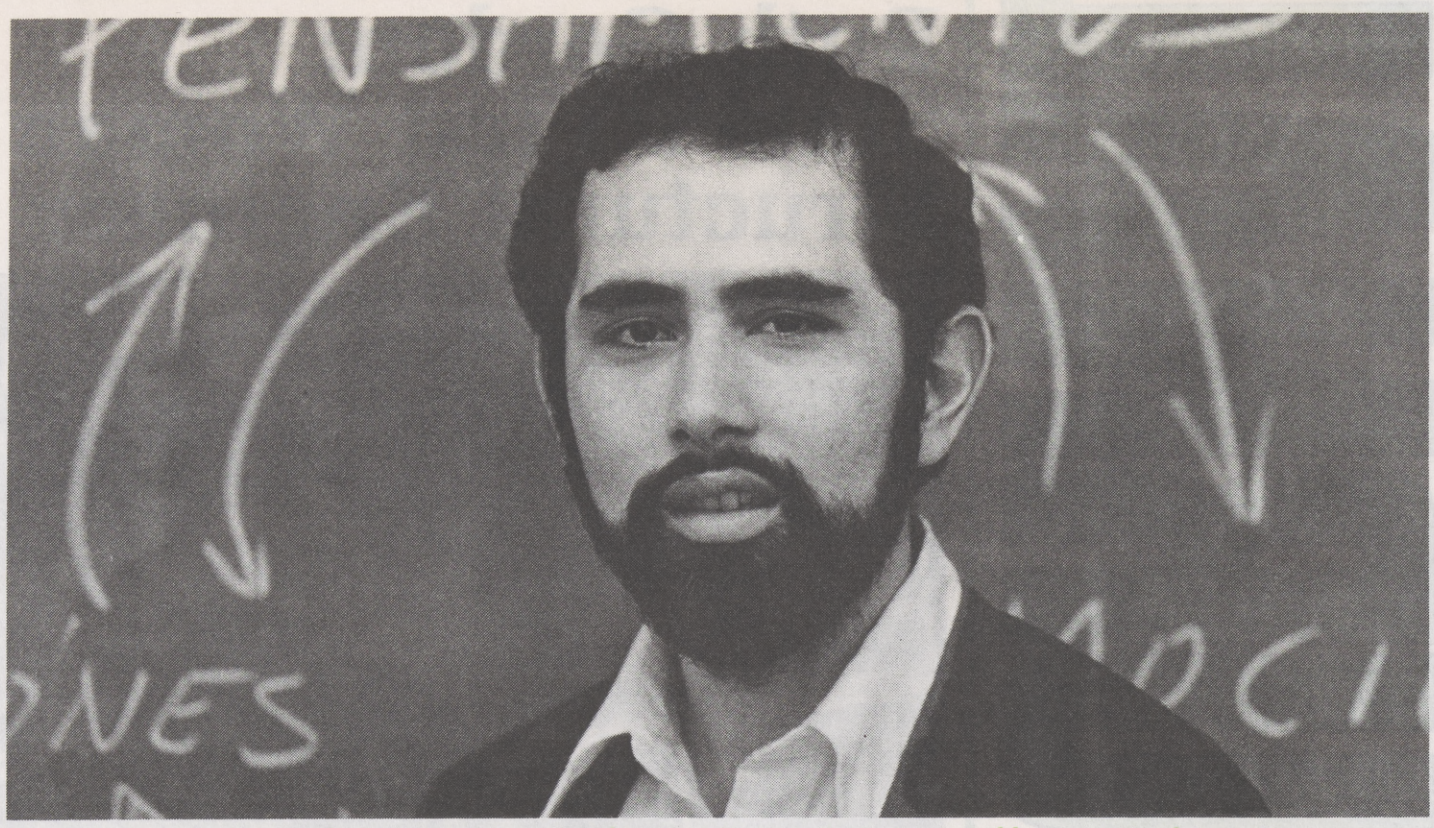
Mental Health Outreach To Latinos



Thoughts (pensamientos), feelings (emociones) and actions (acciones) are inextricably intertwined, says Dr. Muñoz. Actions and thoughts can be altered to affect feelings or moods.

Control Your Depression is a self-help book that presents techniques based on scientific research for the layperson to use to pinpoint and alter the thoughts, behaviors and interpersonal interaction that affect his or her mood.

It was written by Peter M. Lewinsohn, PhD, Ricardo F. Muñoz, PhD, Mary Ann Youngren, PhD, and Antonette M. Zeiss, PhD.

Designed for the person who is experiencing some discomfort, but who does not require therapy, or the person who wants to be informed about depression as a means of preventing serious levels of depression, the book's step-by-step methods include social learning, self-control techniques, relaxation training, assessment and implementation of pleasant activities, social skills evaluation, constructive thinking, planning ahead and much more.

Can depression be controlled or, perhaps, prevented? And what about other mental disorders? Have clinical psychologists learned enough in the past few decades of psychotherapy to focus some of their research attention on early detection and primary prevention?

The answer is a resounding yes from some corners of the profession, including psychologist Ricardo Muñoz, PhD, assistant professor in residence, Department of Psychiatry, in the Social and Community Psychiatry Program at San Francisco General Hospital Medical Center.

"However," says Muñoz, "it is the rare student who recognizes the potential of preventive mental health intervention. Community-oriented students are most likely to be interested because they are more aware of large-scale interventions that can benefit various sectors of the public, and they are more aware of the limitations of treatment."

Another reason for the lack of interest is the economic consideration. "Much more money is available for treatment," says Muñoz. "Insurance companies aren't yet paying for prevention. People often have to wait until they have serious problems before they can benefit from psychological knowledge that may have averted the problem in the first place."

But, he says, "I'd like to devote at least half of my professional time to prevention and half to treatment; and within each of those areas, at least half of my time to working with the Latino culture to develop methods of intervention that might benefit them as well as the English-speaking populations."

It is hard to separate these desires in him, so closely are they related to one another. Muñoz, himself, emigrated with his family from Peru to the United States and settled in San Francisco when he was 10 years old. The family did not speak English, and he remembers the relief he felt as a child when they went shopping in the Spanish-speaking stores on Mission Street.

His professional work, enriched by these early experiences and by his culture of extended family kinships, makes a strong argument for the development of a new approach to community mental health practice. The underlying rationale is that the present therapeutic models were developed with the English-speaking person of white middle-class culture orientation in mind. These models have proven to be limited in effectiveness even for those whom they were designed to serve. For others, and Latinos in particular, who are rapidly becoming the largest minority in California, they often don't work, either because they are not acceptable to these consumers, or because they are culturally inappropriate.

One of the emphases of the Social and Community Psychiatry Program, which was started in 1977 at SFGH, is precisely to provide culturally sensitive mental health services to SFGH patients. "The program has been very supportive of my efforts," says Muñoz. "There is a good fit between its community orientation and my own.

"I dream of opening a Centro Para El Estudio Del Bienestar Psicologico (Center for the Study of Psychological Well-Being) — a bilingual-bicultural research center dedicated to the promotion of mental health. I'd like to study well-functioning Spanish-speaking Latino families and learn how they managed to succeed in this culture without losing their language and cultural identity. I'd like to build a data base of case studies to document what kinds of prevention and treatment approaches work best with Latinos," he says.

For starters, centers need to set an appropriate atmosphere during intake to attract Latino clients. "The need for sensitive, bilingual, preferably bicultural receptionists is obvious, but not always heeded," Munoz observes. A bicultural person is one who understands subtle cultural nuances, not merely one who speaks the language. "For example," explains Muñoz, "late adolescents and adults might be greeted with a formal self-introduction, a handshake and the polite form of the pronoun 'you'. The immediate use of the familiar form — 'tu' — has repeatedly been mentioned to me by older clients as a source of irritation.

"When the client finally comes to a Spanish-speaking center, the relief at being welcomed in his own tongue is sometimes quite visible: an immediate relaxation of the facial muscles, especially the forehead, and a broad smile. I have seen similar reactions in English-speaking tourists when they meet someone abroad who *really* speaks English. A quick but complete explanation of what the client can expect can dramatically diminish anxiety. Spanish language magazines in the reception area can add to the message that it is OK for Latinos to be there, that they are not intruders and that their language and culture are acknowledged and respected.

"When these basic elements are not provided, we can expect that there will not be an influx of Spanish-speaking clients," Muñoz said.

To this end, Muñoz, along with a team of community psychologists and psychiatrists from UCSF and UC-Berkeley, is conducting a Depression Prevention Research Project, a series of classes in either English or Spanish, to determine whether people can be taught to control depression before the problem becomes serious enough to require psychotherapy. The classes utilize social learning methods pioneered by Peter Lewinsohn, PhD, with whom Muñoz did his doctoral dissertation at the University of Oregon.

Applications for classes will be taken between February 2 and 23. Applicants must be San Francisco residents, 18 or older, who are not depressed enough to need therapy, but who would like to take part in an educational experience where they can learn specific strategies for controlling their behavior and moods. The classes are not therapy, Muñoz emphasizes, and should not be used as a substitute for therapy.

This approach to prevention was inspired by Muñoz' knowledge of the tendency of Latinos to appreciate that which has educational value. As a prevention strategy that is open to both Latinos and non-Latinos, the class might have special appeal to those Latinos who, Muñoz says, have a "cultural reluctance to become 'mental patients,' " and who would therefore fail to seek out a therapist until they are extremely disturbed.

There is no charge for the class, but participants will be asked to keep written records of progress.

Persons interested in participating in the classes should send their name and telephone number to the Depression Prevention Project, care of Dr. Muñoz, UC-San Francisco Department of Psychiatry at San Francisco General Hospital, San Francisco, CA 94110, or call 821-5075 between February 2 and 23.

Jini Kilgore Robinson

Patient's Wife Photographs Hospital 'Community'

"When Sy came into the hospital, at first I wasn't thinking about taking pictures," said Francine Markoe. "But toward the end of his stay I knew most of the people there on the ninth floor. It was like a community. I began to sense there was a story here. . . . "

Sy is her husband, Seymour Markoe, a psychotherapist in private practice on the Peninsula and part-time with the San Mateo County Mental Health Department. The Markoes live in Los Altos Hills. Last May 23, Sy underwent surgery for cancer of the colon and was a patient on Nine, the surgery floor in Moffitt Hospital.

He called it "a world all its own — like a life raft. . . . You have a shared experience, a kind of mutual dependence."

Sy and Francine both referred more than once to the "sense of community" they perceived on the floor. It involved the patients, nurses, physicians, interns, residents, technicians, housekeepers. As Francine put it, "You have a kind of comradeship with the other people."

So, as her husband convalesced, she brought her Nikkomat 35-millimeter camera to the hospital and began making a personal photographic study of Nine. In her pictures, some of which are reproduced in this issue of the *Journal,* she was able to capture some of that sense of community that so impressed her and her husband.

Let them tell it.

Sy: I thought it was an unusual staff. People who choose to be nurses on that floor want to be *involved.* They're very skilled. There's a sense of urgency about their work. It really was necessary for them to have that sense of community, because the work they're doing is so serious.

Francine: Then having all those interns coming around . . . residents. Each doctor, surgeon, has his own little team.

Sy: I think the sense of community comes from the seriousness . . . the level of seriousness of the work they're doing. They're in the trenches, they're in the front line.

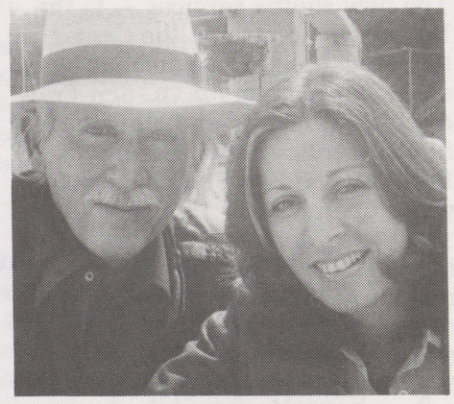
Francine: You begin getting to know the other patients. We began becoming concerned — the visitors, the relatives of the other patients — you begin to care about the others. There was a boy in Sy's room with Down Syndrome, who had had abdominal surgery. We all became concerned about him. If he had been alone it wouldn't have been so good for him. The shared room is important; Sy was in a room with three others.

Sy: That way, you share experiences; it's a mutual defense. You support each other. Someone's always watching out for you.

On her film, Francine captured vignettes of this life on Nine — the smiling face, the face of pain, the intent gaze of the examining doctor, the comforting gesture, the brisk step of the technician on busy rounds, the familiar corridor conference of doctor and interns, the ever-present nurse, the efficient unit worker. All were combined in the community of which these two had become a part.

They have since left the hospital, Sy to his office and Francine to her free-lance photography and art projects. Her pictures, in a moving way, are their salute to Nine and its people.

Jane Eshleman Conant



Sy and Fran Markoe. Below are pictures taken by Fran during Sy's hospitalization. These photos and others are currently on display on Moffitt Nine, where Sy stayed for several weeks following his surgery. Fran is shown hanging a picture for the display.

TRANSPORTATION

Shuttles to Berkeley, CED Available

The new shuttle services — to the Berkeley campus and the Center for Educational Development — are now available for UC-San Francisco staff, faculty and students. Shuttle service between the Berkeley and San Francisco campuses operates at 8:15, 9:50 and 11:30 a.m., and 1 and 3 p.m., leaving the bus shelter on the Northeast corner of Third and Parnassus. Return from the bus shelter on the west entrance of the UC-Berkeley campus is scheduled for 9 and 10:40 a.m., 12:15, 2 and 4 p.m. No stops are made between the campuses.

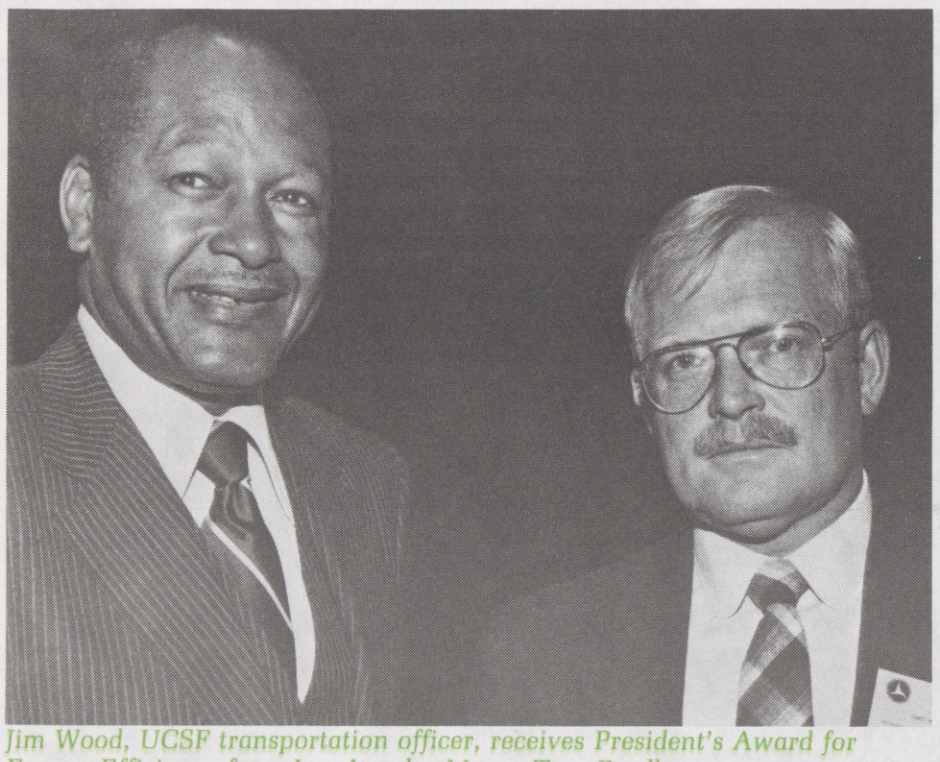
Cost is $1 each way, with seating in the 14-passenger bus arranged on first-come first-served basis. Departments can obtain passes from the Transportation Office in quantities of 10. Call ext. 1511 for more information.

A second new shuttle takes passengers from the Center for Educational Development, located at 1855 Folsom Street, to the 17th and Folsom Street parking lot, the BART station, parked cars, homes and bus stops within a one-half mile radius. It operates during the winter months from 4 to 6 p.m. Call ext. 2566 for more information.

Pool-It

Interested in riding to work in a vanpool or carpool, but having a hard time finding one that fits your schedule? Contact Jim Wood, ext. 1511, to see about forming a new pool.

UCSF Wins President's Award



Jim Wood, UCSF transportation officer, receives President's Award for Energy Efficiency from Los Angeles Mayor Tom Bradley.

UC-San Francisco Transportation Services was awarded the President's Award for Energy Efficiency by Los Angeles Mayor Tom Bradley, chairman of the national Task Force on Ride Sharing.

The award, which acknowledges outstanding accomplishments by organizations and individuals who successfully achieved the energy conservation goals established by President Carter last year, was given to UCSF in recognition of its ride sharing and vanpool programs.

Campus Transportation Officer Jim Wood received the award during ceremonies held recently at the Holiday Inn on Van Ness Avenue. Other recipients were Cal-Trans, United Airlines, Hewlett/Packard Company and a private citizen.

ENERGY

Tax Credit For Saving Energy

The following column makes its debut in this issue of the *UCSF Journal*. Prepared by the campus Energy Conservation Committee, which is directed by Dr. Harvey Patt, it is designed to bring useful energy-saving information to UCSF employees. The first article is reprinted from *The Energy Consumer*, published by the U.S. Department of Energy.

If your home was built before April 20, 1977, and you make certain energy-saving improvements, you may be eligible for an income tax credit of 15 percent on the first $2,000 you spend. Qualifying improvements include adding insulation, storm doors and windows, caulking, and weatherstripping; installing a clock thermostat; and furnace modifications to increase fuel efficiency.

Installing certain solar, wind and geothermal equipment on an existing or new home also qualifies you for a credit of 40 percent on the first $10,000 you spend, or a maximum of $4,000. Under the Energy Tax act of 1978, the maximum solar renewable credit was $2,200; the increase in the credit, which applies to renewable energy installations made beginning January 1, 1980, came with the passage of the Windfall Profits Tax Act in 1979.

For more information on energy tax credits, request publication no. 903 from the local IRS office.

Blood Drive Results

Sandra Matthews, principal clerk at the Children's Renal Center, is winner of the October 13 blood drive. Matthews received the customary $30 gift certificate to Scott's Seafood Grill, donated by the ASUCSF.

The drive netted 250 pints of blood, an increase of 41 pints over the May drive. The next one is scheduled for February 23.

BENEFITS

Annuity Plans Provide Tax Shelters

You don't have to be a millionaire to need a tax break.

Working spouses and single people who don't have tax shelters can attest to the need for a tax break. UCRS and PERS provide savings plans that are designed to give you additional income in the future and save you taxes now.

It works this way. You direct some of your present UCSF earnings into one of the voluntary annuity plans that is offered to employees. You don't pay state or federal income taxes on the money or the interest it earns until you take it out of the plan.

For more information, call ext. 1843 to request the pamphlet describing the tax-deferred annuity plan.

United Way Raises $85,000

The recent United Way campaign raised approximately $85,000, representing a 13½ percent increase over 1979, according to Art Lundblad, UCSF United Way coordinator, and assistant dean in the School of Dentistry.

In addition to raising more money, the campaign was fun and festive. The balloons in the Medical Sciences lobby attracted participants to the booth, where they were given a lottery ticket for a good selection of prizes.

First prize, a color television set, was given to Aurora Gibson, administrative assistant in the Pharmacy Technology Laboratory. Camille Hurtadok, administrative assistant, medicine, won a stereo set. Jim Bennett, staff research associate in medicine at the Veterans Administration Medical Center, won a Polaroid camera. A portable radio was given to Howard L. Fields, MD, associate professor of neurology and physiology; and Molly McLeod, senior illustrator at Educational Media Resources, won a portable tape recorder.

BULLETIN BOARD

Widows can participate in a special program designed to help them cope with the effects of their husbands' deaths, conducted by the Center for the Study of Neuroses at Langley Porter Psychiatric Institute. The center is offering brief psychotherapy or a mutual help group to women who have been widowed for a period of four months to three years, and who have problems adjusting to their loss. Call Carole Marcus or Nancy Wilner at ext. 7-510 or 7-513 for more information.

UCSF employees are eligible for 40-50 percent discounts on Hertz and Avis car rentals. Departments have stickers containing information on the terms of the agreement, which should be attached to Hertz, Avis or major credit cards. For more information, call Ron Aquirre, ext. 5761.

Pictures of campus structures are being collected for a campus history slide library. If you have slides or pictures, contact Thena Trygstad, ext. 2401; or Mary Limosner, ext. 3801.

Three films on childbirth are shown every first Friday at San Francisco General Hospital Medical Center. They are: "Five Women, Five Births," "Happy Birthday" and "A Time to be Born." The location is Carr Auditorium, Pathology Building from 7 to 9 p.m. Slides of birth deliveries at SFGH and discussion follow the film showings. The program is sponsored by the UCSF Nurse Midwifery Service at SFGH. A donation of one dollar is suggested.

Faculty members who are interested in studying animals in their natural habitat can receive a brochure describing UC's 26 natural land and water reserves. The brochures, published by the Systemwide Natural Land and Water Reserves System Committee, can be obtained by contacting Amanda Berks, ext. 1571, in the office of Joseph S. Spinelli, director of the Animal Care Facility and campus representative for the systemwide committee. The Reserves System preserves and manages a cross section of the state's natural reserves to help meet UC's teaching and research needs in the disciplines that require field work.

QUESTION MAN

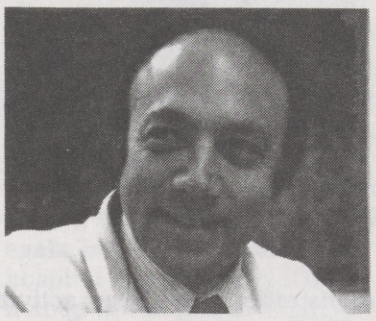
Interviews conducted by Allen Balderson

What is your idea of a good party?

Genora Hall, laboratory assistant, Gastrointestinal Medicine: To have a good time. You need good people, good music to make a good party. I usually like a medium-sized party. You'd also need some good food like some hors d'oeuvres. In fact, I went to a real good party not too long ago.

Hall

John E. Conte Jr., chief, Infectious Diseases: Friendly people, at an interesting place — a place a little unusual or different, like poolside or a park — something to add a little zest. The most important thing is the people. It is also important to have it during a nonparty time. For example, Mondays or Tuesdays, or a couple of weeks after a holiday.



Conte

Jennifer Convy, registered nurse, Intensive Care Nursery: It depends on the purpose of the party and at what time of the year and what kind of mood you're in. But, generally, I like parties where I know a lot of people there. You get the stereo going and raise a little hell, I guess. What are parties for, after all?

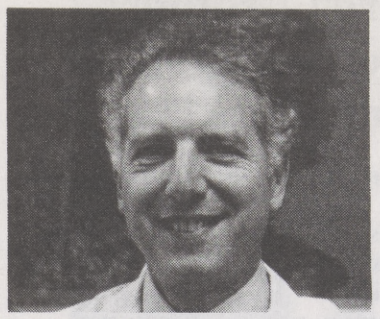
Convy

Samuel Hom, respiratory therapist: To me a good party is spending time with close friends, having lively music and some kind of food, and basically kicking back and enjoying myself. The food isn't all that important, but the music will most definitely make a good party. I usually like rhythm and blues or jazz.

Hom

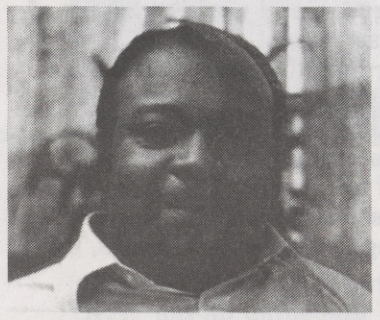
Paul Shieata, principal administrative analyst, Hospital Facilities Planning: People. If you have a nice group of people, you get an enjoyable party; you get a bunch of jerks together, you get a miserable party. People, that is the most important variable. Food, music, etc. are all secondary items. Even liquor is secondary.

Shieata



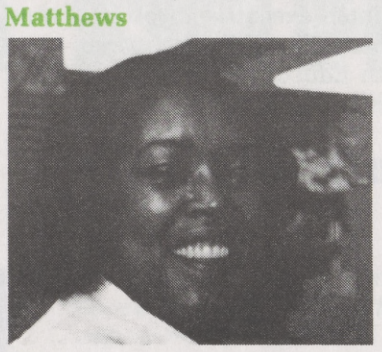
Lowenstein

Reimer



Black

Matthews



Horn

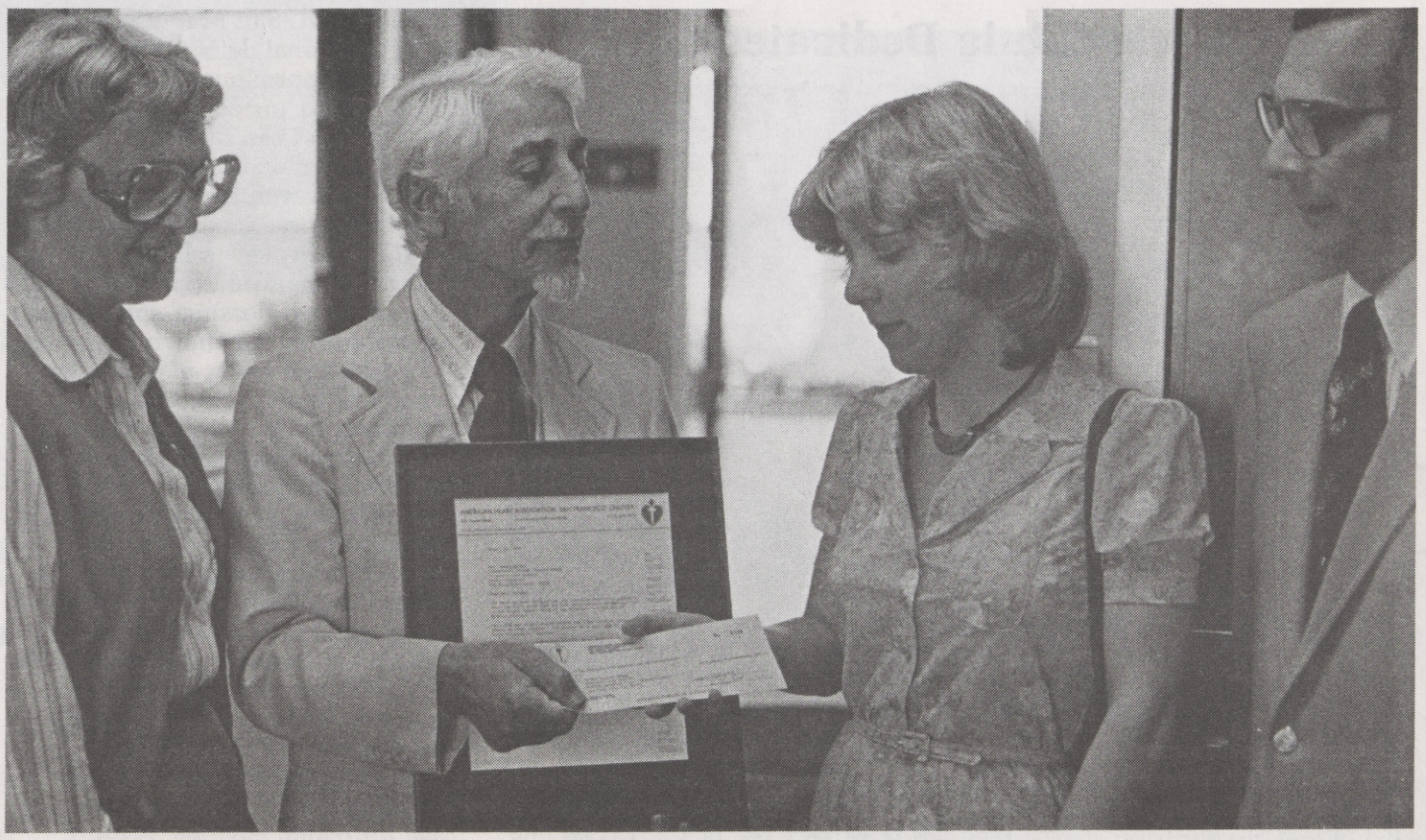
Jerold Lowenstein, associate clinical professor, Medicine: One with not too many people, where no one smokes, and where there is good conversation, good food and good wine.

Jean Reimer, registered nurse, Intensive Care Nursery: Well, first of all, the fewer the people the better. I usually find that I prefer more of an intimate party, where I know the people. I'd prefer hearing mellow rock at a party. I also think food and beverage are nice to have.

Bill Black, UCSF bus driver: A good party is one where you have enough time to enjoy yourself and not too much to drink. You need a comfortable place to stand and enough room to dance — some adequate space, so people have enough room to move around. You'd need some good food and, of course, make sure you have enough women. I went to a party not too long ago with 20 men and only about 15 women. Now, that's not even.

Maria Matthews, principal clerk, Urology: Invite people whether they know each other or not — people who will mix. As a hostess you shouldn't pressure people into having a good time, just allow them to relax and they themselves will create an atmosphere of conviviality. I think it's also important to keep the group rather small. Don't make the party too big.

Idell Horn, principal clerk, Radiology: It really depends on the type of party or the occasion. I like parties, especially dinner parties, with about 10 to 12 people. I like meeting new people when I go to a party, but when I give one I usually invite my close friends.



John Vitale, PhD, chairman of the Board of the American Heart Association, San Francisco Chapter, presented a check in the amount of $2,500 to Kathy Reed, a member of Moffitt Hospital's Parent Support Group. The check was donated from the Zena Gross Greenstrand Memorial Fund. Pictured on either side of Dr. Vitale are Libby and Herbert Gross, who established the memorial fund in memory of their daughter, Zena. The Parent Support Group will use the grant to continue counseling, information and personal reassurance services for parents of infants in the Intensive Care Nursery.

SCHOOL OF DENTISTRY

Three Brothers Are Leaders, Recruiters

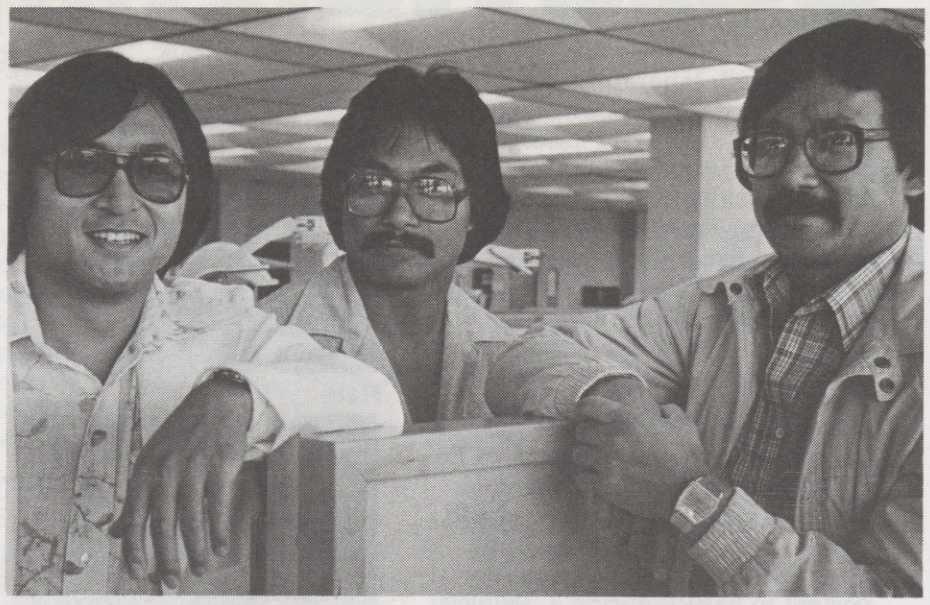
Three brothers of Philippine descent, Clayton, Donald and David Layus, are embarking on dental careers by way of the School of Dentistry.

Clayton, now 34, became interested in a dental career during a tour of duty with the U.S. Army. He encouraged Donald, 30, and David, 26, to follow his example.

Recently Clayton passed his board exams and is now in private practice in San Francisco. Donald and David are both completing their fourth year of studies, after which they hope to practice dentistry in underserved areas.

The three brothers are the sons of Agustin and Caridad Layus, of Salinas.

Through the campus organization, HEMP (Health Education Mobilization for Pilipinos), the Layus brothers have been dedicated to introducing others like themselves to health careers through summer workshops, demonstrations and other activities.



The Layus brothers are (l-r) Dave, Don and Clay.

Clayton was the coordinator of HEMP in 1977/78. David held that office in 1978/79, and in 1979/80. Donald is HEMP coordinator for the current school year.

In addition, after serving last year as the School of Dentistry's junior class president, David was reelected by popular acclaim as president of the senior class.

Hayward Program Extended

The School of Dentistry has been granted a one-year extension of the National Preventive Dentistry Demonstration Program, which it has been conducting for the past three years among 2,000 children in 14 elementary schools of the Hayward School District.

This program is sponsored in 10 communities nationwide by the American Fund for Dental Education, and supported by the Robert Wood Johnson Foundation. Data accumulated thus far by a third organization, the Rand Corporation, indicates that the program has been highly successful in reducing the number of cavities formed in young children. Findings also indicate that the participating students are, in general, experiencing improved dental health, reports Samuel J. Wycoff, DDS, UCSF professor and chairman of General Dentistry and director of Community Dentistry, who heads the demonstration program for UC-San Francisco.

The national demonstration has involved approximately 20,000 children. Its purpose is to show the benefits that can be derived from various combinations of safe and effective preventive dentistry procedures. These include application of fluoride by several different methods; removal of plaque by brushing and flossing; application of sealants to the chewing surfaces of permanent teeth; modification of school lunch programs to reduce sugar consumption and preventive dental education.

Although the findings are highly encouraging, even more definitive data is being sought before the final conclusions are reported. Thus, the UCSF School of Dentistry and the Hayward School District will continue to work with the children, who have been followed by the project since the third grade. "These children are now entering the seventh grade and are at an especially vulnerable age for dental cavities," says Wycoff.

LPPI / PSYCHIATRY

Stop-Smoking Program

Stop-smoking experts at UCSF have started a new, free, stop-smoking program to prepare quitters for the inevitable urge to smoke again. Reliable stop-smoking techniques are enhanced by a strong emphasis on relapse prevention.

Sponsored by the Langley Porter Psychiatric Institute Habit Abatement Clinic, the new program is open to cigarette smokers between the ages of 21 and 55 who do not have heart or lung disease.

The National Institute of Drug Abuse is supporting this one-of-a-kind program with a three-year grant of $269,000. More than 125 persons are expected to participate in this research-oriented program directed by Sharon Hall, PhD; Reese Jones, MD, is the medical director. The goal of the project is to find the best ways to keep people from going back to their cigarette habit after they have quit.

Participants pay $65 when they start, and get back all the money by the time they complete the third follow-up questionnaire. Staying off cigarettes is not a factor in reimbursement, Hall points out. The $65 deposit simply provides incentive to complete the research aspects of the project six weeks, six months, and one year later. Any money not returned to participants goes to the American Cancer Society, she says.

"We know how to help people quit smoking," says Dr. Hall. "We've been refining those techniques for years. We have learned that anger, anxiety and indirect social pressures are clues related to relapse."

"Now we want to study intensively the relapse situation and, if possible, pinpoint the reasons some people do start smoking again and the reasons why others are successful at staying off cigarettes."

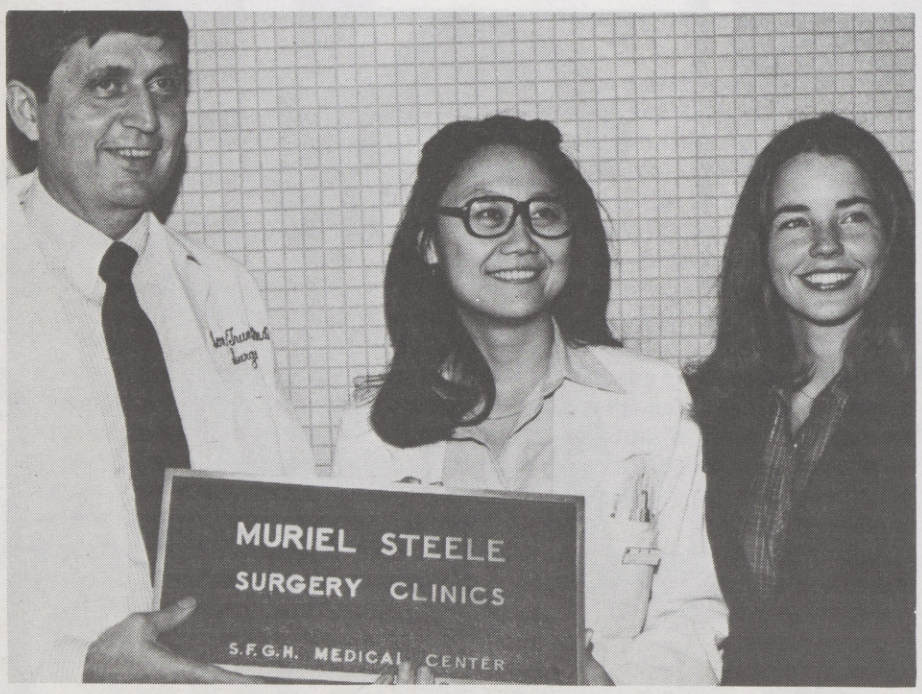
The UCSF stop-smoking program consists of 12 sessions over a period of three weeks. Each session lasts for an hour and 15 minutes and takes place at LPPI. Booster sessions are held at four and six weeks. Day and evening hours are available. To register or receive more information, call ext. 7-453 and ask for Deborah Rugg.

SFGH

New Director for Southeast AHEC

Renetia Martin, MSW, has been appointed executive director of the Southeast San Francisco Area Health Education Center (AHEC), which is based at SFGH.

Muriel Steele Clinic Dedicated



At the dedication of the Muriel Steele Surgery Clinic at SFGH are (l-r) Donald D. Trunkey, MD, SFGH chief of surgery, and the first recipients of the Muriel Steele Award: Tonao Wong, MD, surgery resident at UCSF, and Teresa Bickness, MD, surgery resident at Stanford.

AUXILIARY/VOLUNTEERS

Volunteer Brings Personal Experience to Hospital Patients

Once or twice a week she leaves her job as a dispatcher for the Federal Security Service and puts aside her studies for prenursing courses at Skyline College in San Bruno to don a blue volunteer uniform and serve as a hostess for psoriasis patients in UC Hospital.

In August, Volunteer Services bestowed on her the honor of Volunteer-of-the-Month. She was nominated for the prestigious Bay Area Volunteer Activist Award, and has received a 500-hour pen for a year and a half of service at UCSF.

Teresa Favuzzi works with hospitalized psoriasis patients. She helps them become acquainted with the environment in which they will spend three to six weeks. She is available to answer their questions or just to talk, and does the necessary little things because, "It makes me feel good," she says; but also because she's "been there" too, and at a time when a person such as herself was not available.

"I would have liked to have talked to someone. It was a blow to me to realize that I would have psoriasis for the rest of my life."

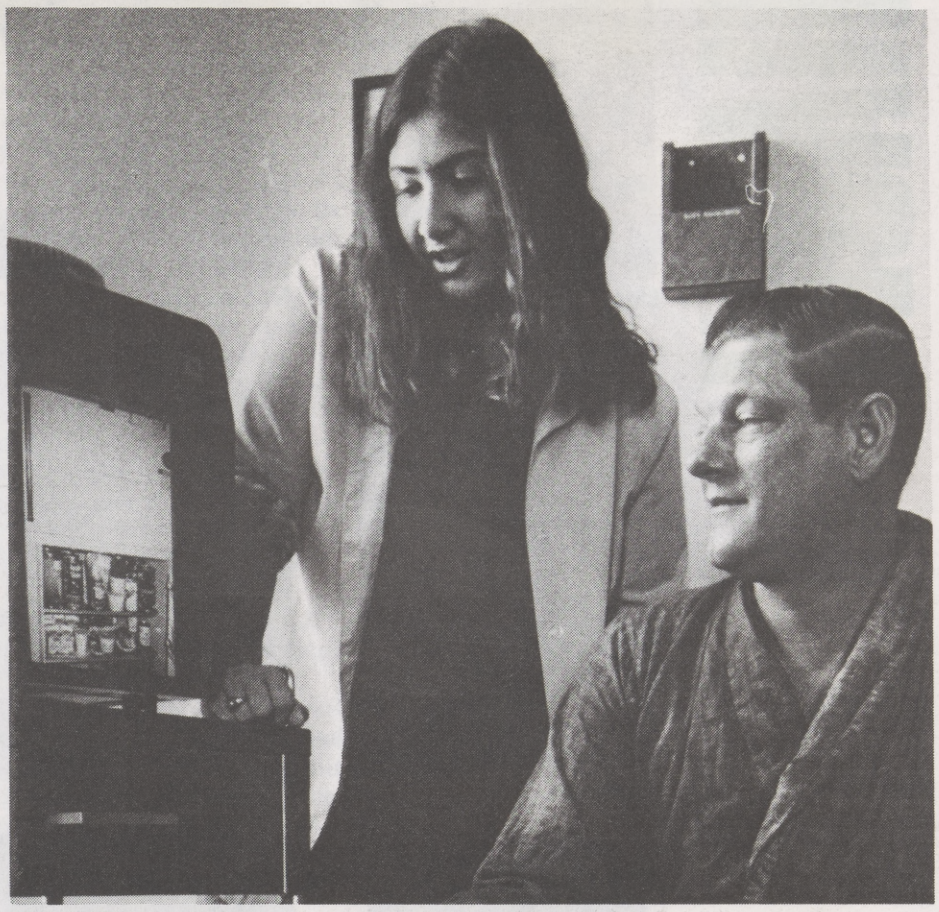
Favuzzi has had psoriasis, a skin disease characterized by lesions that are painful and scaly, for about seven years. It is estimated by the Psoriasis Research Foundation that approximately two percent of the population in the United States have the disease, about 100,000 people in the Bay Area. At any given time, 10 percent of all those with psoriasis will require intensive therapy to gain remission, since there is no known cure in medical science.

Favuzzi's first hospitalization was in 1978. She was hospitalized again in 1979. "I know what the hospital experience is like, so I helped develop a slide show for incoming patients that orients them to the unit. It shows the general floor layout, explains hospital services, occupational and physical therapy, and, in general, gives them a good idea of what to expect while they're in the hospital."

Favuzzi spends time with patients, giving them pamphlets on psoriasis and helping them to understand its known causes, and what precipitates an outbreak.

"Psoriasis comes and goes," she explains. "One day you don't have it, then suddenly, on a day when you've planned something big, you do have it. That is what is so hard to deal with."

In addition to a treatment program for hospitalized patients, UCSF has an outpatient Psoriasis Day Care Center. The center was the first one established in the United States. It allows patients to receive one of two special treatments and costs less than hospitalization. But outpatient care is not feasible for everyone.



Teresa Favuzzi presents psoriasis slide show to patient Loren Scott. (Courtesy San Francisco Examiner)

"The outpatient treatments didn work for me," said Favuzzi. "And some people are forced to choose hospitalization because many insurance plans don't cover outpatient care."

For those who have to be hospitalized, it's good to know that someone like Teresa Favuzzi is there.

HOSPITALS/CLINICS

Hospital Cook Receives Distinguished Award

John Sears (l) receives distinguished Numismatic Ambassador Award from newspaper publisher Clifford Mishler.

John Sears, principal cook, Nutrition and Dietetics, is the 66th recipient of the Numismatic Ambassador Award. The award, presented several times a year to outstanding coin collectors, was given recently to Sears by Clifford Mishler, publisher of *Numismatic News,* during the 19th annual coin show, sponsored last fall by the Northern California Numismatic Association.

Mishler, whose paper is published in Iola, Wisconsin, said of Sears, "He has dedicated over two decades of unceasing work to unselfishly support the development of a better coin collecting environment."

The Numismatic Ambassador Award program annually recognizes several individuals nationwide for their "inspirational leadership on the local level, extended unselfishly in the interest of building and improving the coin collecting field," according to Mishler.

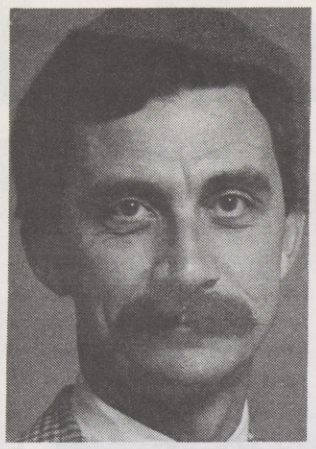
Sears was a founder and past president in 1964/65 of the NCNA. He is presently vice president of the California State Numismatic Association.

SCHOOL OF MEDICINE

A Day for Our Dean

An afternoon science symposium to honor Julius R. Krevans on his tenth anniversary as dean of the School of Medicine was held last month. During the celebration, he presented long-term employee pins to (l-r) Kathy Plessas, 20 years, and administrative assistant; Virginia Barry, senior administrative analyst, 20 years; Phyllis Claussen, administrative assistant, 20 years; and Mary Connolly, administrative assistant, 15 years. In return, the four women surprised Krevans by presenting him with a 10-year pin, making him the first known academic employee to wear one.

MOVING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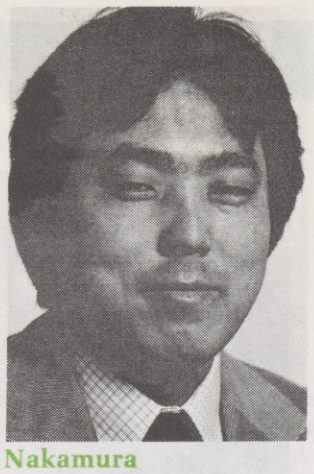
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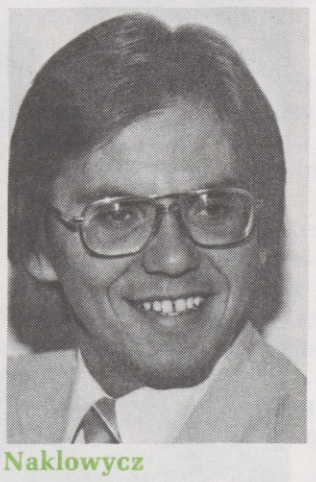
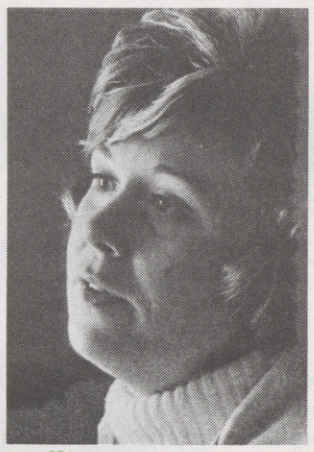
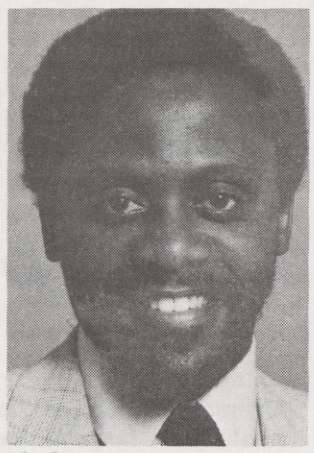

Naklowycz

Martin

Patillo


Mullins


Shabazz

Wayne Corn has been appointed executive assistant to Assistant Chancellor for Public Programs Richard B. Hayes. Corn was formerly staff officer and assistant to the medical director at San Francisco General. In his new position he is responsible for implementation and management of the Public Programs information system.

Joann Florendo is the new afternoon cafeteria supervisor, replacing recently retired Bernard Garcia. Florendo was supervisor of the dietary assistants at Baptist Memorial Hospital in Memphis, Tennessee, before coming to UCSF.

Bernard Garcia, afternoon food service supervisor in the Golden Gate Room, retired after 15 years at UCSF. He came to UCSF in 1965, beginning as a food service worker in the cafeteria. In 1972, he was promoted to the position that he held until his recent retirement.

Marcellus Martin has been named associate director of Finance/Controller, UCSF Hospitals and Clinics. Formerly associate director of Finance/Receivables, he now has responsibility for Payroll, Payables, Cashiering, Fiscal Administrative Service and Accounting.

Anna Mullins, associate director of UCSF Nursing Services, has accepted the position of associate director of Nursing at Children's Hospital, San Francisco. The nursing staff held a reception last month in honor of Mullins, who joined the School of Nursing faculty in 1972, after completing her BS, MS, and DNS degrees there, then became the first clinical nurse IV in pediatrics. She served as director of staff development and, for the last two and one-half years, as acting director of Nursing Services.

Richard Nakamura has accepted the position of manager of Hospital Accounting. He comes to UCSF from Children's Hospital in Los Angeles, where he was budget manager. His responsibilities include fiscal reporting and general accounting for Hospitals and Clinics.

Al Naklowycz has been named associate director of Finance/Receivables, UCSF Hospitals and Clinics. Naklowycz was formerly manager of Patient Accounts.

Ruth Patillo retired from her position as a laboratory technician in the Department of Anesthesia after 35 years. Approximately 150 to 200 people attended a party given in her honor last month at University House, where she was presented by members of her department with an all-expense paid Caribbean cruise as a going-away present.

"Ruth is the most pleasant, generous person I have ever worked with," said her co-worker Louise Del Carlo, who helped organize the retirement party. "In the 15 years I worked with her, I never saw her be unpleasant. She has an unbelievable disposition. Letters and telegrams are still coming in from all over the country from former residents, staff and faculty members who worked with her."

Patillo worked as a nurse's aide in the Operating Room for 23 years before assuming her position as lab technician in anesthesia. She plans to take her cruise in March. Says she of her well-wishers, "I think that they all are great people."

Bilal Shabazz has been named assistant dean of Student Services. He worked as employment development counselor for Marin County before accepting his current position, and was also assistant professor and counselor at Lone Mountain College. As assistant dean, Shabazz is responsible for pre- and postadmissions counseling, and is recruitment liaison with colleges and junior colleges in California.

New Deans Come to UCSF

John C. Greene, DMD, MPH, has been named dean of the School of Dentistry.

Greene, who arrived at UCSF on February 1, has been deputy surgeon general and chief dental officer of the United States Public Health Service since 1978. He has been associated with the Public Health Service since 1952.

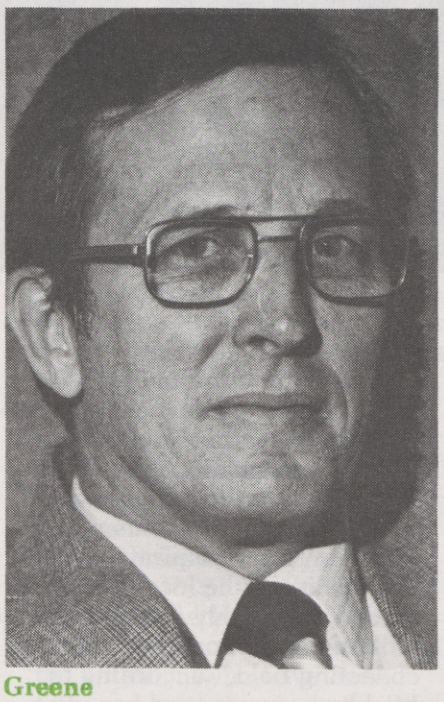
The new dean was selected in a nationwide search following the retirement July 1, 1980, of Ben W. Pavone as dean. Thomas M. Christie, associate professor of oral medicine and hospital dentistry, has served as acting dean for the past six months.

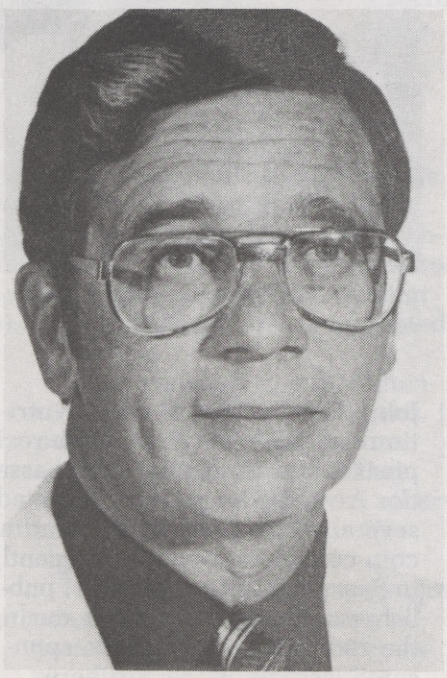
Lloyd N. Kozloff, PhD, has been appointed dean of the Graduate Division. He comes from the University of Colorado Medical School in Denver, where his most recent title was professor of microbiology and immunology. A member of the University of Colorado faculty since 1964, he has been chairman of the Department of Microbiology and associate dean for faculty affairs.

In 1975, this distinguished scientist was elected a Fellow of the prestigious American Association for the Advancement of Sciences (AAAS), which cited him as "a major contributor to and founder of biochemical virology."

Chancellor Sooy said, "With Dr. Kozloff's strong academic and administrative background, we look forward to the leadership he will provide for the Graduate Division and for our graduate academic programs." Chancellor Sooy also expressed appreciation to the retiring dean of the Graduate Division, Harold A. Harper, PhD, who has been dean since the division was established in 1960.

The Graduate Division directs the administrative aspects of graduate academic education in all four schools. More than 20 programs leading to master's and doctorate degrees are offered in basic, social and behavioral sciences. Several graduate programs are conducted jointly with other UC campuses.


Greene


Kozloff

Cachola is New Director of SFGH Satellite Clinic

Dr. Shirley Cachola grew up in a close-knit Filipino community in the Sacramento Delta town of Isleton. Her father was a migrant crop worker, and her mother ran the general store.

The store doubled as an all-around community center. "People came in for all kinds of help, including help during medical emergencies," recalls the UC-San Francisco assistant clinical professor of medicine. Cachola remembers helping her mother to call the ambulance when a member of the community had an accident or suffered a stroke at home, for example.

She was in elementary school when she decided she wanted to become a physician and some day serve in a community like her home town. "My parents hoped my two brothers might go into medicine. Even though they were very supportive of me, I don't think they considered this the best possible role for me."

Today, although she is an inner-city physician instead of a rural one, the dream has indeed come true. Cachola recently was appointed medical director of the South of Market Health Center at 551 Minna Street, the busiest of San Francisco General's three federally funded satellite clinics, which are located in neighborhoods designated by the government as "medically underserved." The satellite clinics, operated by the SFGH Division of Outpatient and Community Services, are training sites for a variety of family health practitioners.

A large percentage of the more than 1500 patients seen each month at the South of Market Health Center are recently arrived Filipino immigrants who live in the area. At least half of all the children seen are Filipino. The clinic also serves a variety of other ethnic groups, such as Southeast Asians and Caucasians, including many elderly patients.

From the time she was in high school, Cachola's progress toward her goal of becoming a doctor was meteoric. She was class valedictorian at Rio Vista High School and was graduated with honors, entering UC-Berkeley on a scholarship. Throughout her undergraduate years she ranked as an honor student.

Cachola earned her M.D. at UC-San Francisco, and then completed her family practice residency at SFGH, serving as chief resident in 1975-76. She has worked since 1976 as a member of the faculty and staff at the SFGH Family Health Center, and since 1978 at the South of Market Health Center. Cachola is married to John Kresse, an attorney. They live in Oakland with their two small daughters, the youngest is just three months old.

On the days when Cachola is occupied mainly with administrative work at the South of Market Health Center, she brings the baby to work with her — a natural sort of thing to do in this friendly, family-oriented setting. On days when she sees patients, she leaves her children with babysitters.

Because of her own heritage, Cachola brings special sensitivity to her work as an urban family physician. She is especially aware, for example, of the importance of the "extended family" in the Filipino and other cultures.

"Uncles, aunts, grandmothers and neighbors all are likely to have opinions on the care of a particular patient," she explains. "You must listen to them."

An urban family physician also needs special skills in communicating with multicultural groups. Cachola explains: "In prescribing medicine or recommending a course of treatment, for instance, you must be careful not to let a Filipino or Asian patient get into a position of disagreeing with what you say. If that happens, the patient may 'lose face' and you may lose the patient!"

Because of their increasing experience in working with multicultural families — black, Latino, Native American, and Asian patients as well as those of European extraction — the UCSF-SFGH family practice physicians have much to share with other practitioners in this relatively new field of medicine.

Claire Leeds Wray

Linda Meier Future Physician

Vivacious Linda Meier doesn't waste a minute of her time, and she never loses sight of her goal of becoming a physician. Her current schedule includes:

- working 24 hours a week as a surgery unit clerk at Moffitt Hospital and as part-time secretary for the UCSF Association of Clinical Faculty;
- serving as the coordinator of the special volunteer corps at San Francisco General Hospital's Emergency Service — heart of the famed Trauma Center. One hundred specially selected young men and women are on call for this vital program, which is sponsored by the volunteers at SFGH Medical Center; and
- studying at San Francisco State University. . . running five miles every morning, and (when she happens to have an hour to spare) working on ceramics in a friend's basement studio.

Linda Meier with an emergency patient.

The diminutive, 28-year-old brunette, a native of Madison, Wisconsin, earned a primary teaching credential at the University of Wisconsin. During her last semester there, she was chosen for a teaching internship in a coal mining region of central England.

Returning to her home state, she went to work not as a teacher, but as manager of a four-piece jazz and rock group that toured the Middle West. Then she took substitute teaching assignments in Madison and became involved in a special project which, she claims, triggered her interest in both voluntarism and medicine. She helped to develp a 24-hour community information and referral center and also compiled a training manual for this volunteer-operated social service.

It was during that time that Meier decided to pursue a medical career. She enrolled first at UC-Berkeley and later at S.F. State, where she has completed her pre-medical studies but is still enrolled in other courses.

Meier began her first full-time job at UC-San Francisco in 1976 as an administrative assistant at Langley Porter Psychiatric Institute. She has been working part time since 1978 for the Association of Clinical Faculty and at Moffitt Hospital since 1979.

She joined the SFGH Emergency Service Volunteers over two years ago, and has been coordinator of the program for the past year. The 24-hour Emergency Service, traditionally known as "Mission Emergency," annually handles more than 85,000 patient visits, of these 14,000 have serious illnesses or injuries and 2,200 are admitted as patients of the hospital-wide Trauma Service. Victims of auto accidents, gunshot wounds, stabbings and assaults are treated daily. The professional staff acknowledges that the services of the blue-uniformed volunteers are an essential part of day-by-day patient care.

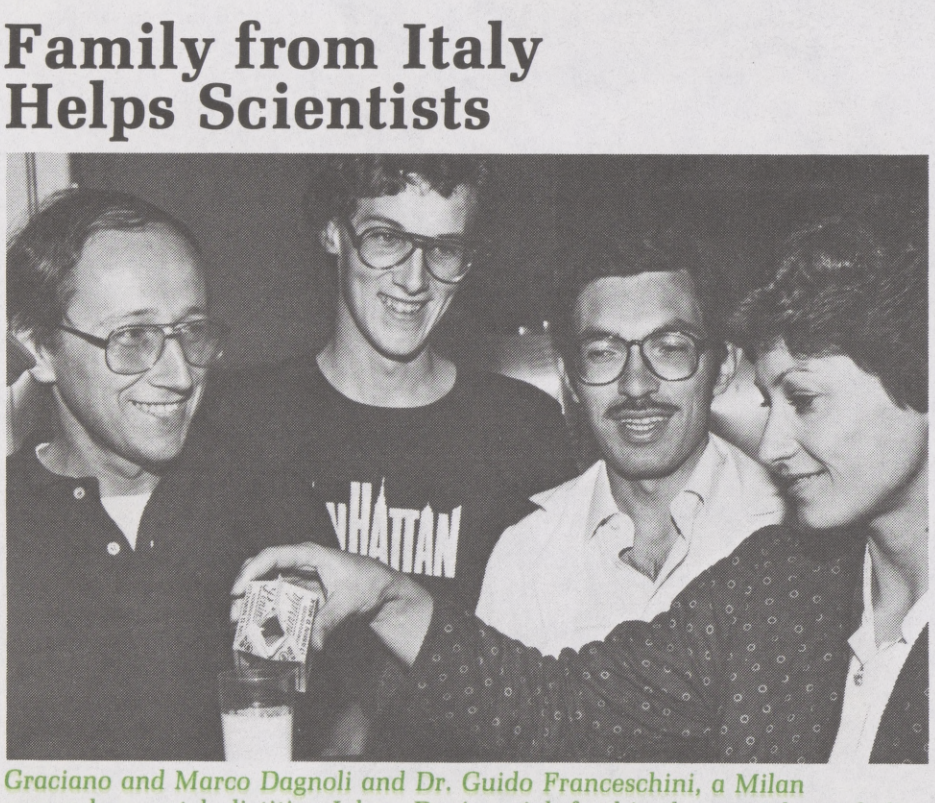
A unique feature of this volunteer group is that it is self-administered. As coordinator, Meier is responsible for training and scheduling the volunteers. She works closely with the Emergency Service staff and administration to insure the program's responsiveness to changing needs.

"The Emergency Service Volunteers are chosen for their maturity, dependability and commitment to patient care," said Meier. "After a 20-hour hospital orientation, they must complete three volunteer-directed emergency room training sessions. Then they are ready to assist the staff by performing such tasks as making up gurneys, transporting patients, delivering lab specimens and X-rays, and most importantly, serving as patient advocates — helping seriously ill and injured patients and their families through a frightening experience."

According to Meier, all of the Emergency Service Volunteers are certified in CPR (cardiopulmonary resuscitation) and are available to assist other members of the emergency resuscitation teams. The majority of the volunteers are interested in preparing for health careers.

"Sometimes I feel like a pie, cut in so many pieces," she says, her black eyes sparkling. "But I do believe my various involvements, overall, give me a very realistic picture of how a hospital is run and what it means to be a really good doctor." *Claire Leeds Wray*

Family from Italy Helps Scientists


Graciano and Marco Dagnoli and Dr. Guido Franceschini, a Milan researcher, watch dietitian Jolene Davis weigh food in the special metabolic kitchen at the SFGH General Clinical Research Center.

Graziano Dagnoli of Verona, Italy, and his nephew, Marco Dagnoli of Milan, recently spent two weeks at the SFGH General Clinical Research Center undergoing studies that are expected to contribute significantly to a better understanding of heart disease. Their clinical workup was carried out by Thomas Bersot, MD, of the Gladstone Foundation Laboratories for Cardiovascular Disease.

The 37-year-old Dagnoli is the owner of a popular pasticceria (pastry and wine cafe) in Verona. Marco, 19, recently completed school and will soon be drafted for military service. Both of them are ebullient, outgoing and to all appearances healthy.

They are, however, members of a family whose unexplained lipoprotein abnormality was brought to the attention of Robert W. Mahley, MD, UCSF professor of pathology and director of the Gladstone Laboratories. Mahley and his colleague Karl Weisgraber, MD, discovered that the abnormality was due to a genetic defect in the production of an important plasma protein. (Gladstone scientists have been exploring the role of certain cholesterol-carrying proteins in the blood that are associated with coronary artery heart disease, or atherosclerosis, a leading cause of death.)

The Dagnoli family is the first in the world discovered to have the abnormal protein, which has been designated as A-1 Milano apoprotein. The normal form of this protein, the A-1 apoprotein, plays an important role in cholesterol metabolism. Not only Graziano and his nephew, but Graziano's brother and 76-year-old father have the defective protein and other related abnormalities in their blood. According to the Gladstone scientists, this condition should seriously affect the way their bodies handle fat, very likely causing them to develop accelerated coronary artery heart disease. But surprisingly, this has not occurred in any members of the Dagnoli family.

"This important exception provides a unique opportunity to study an experiment in nature which may significantly improve our understanding of heart disease," said Dr. Mahley.

To help unravel the medical mystery, Graziano and Marco Dagnoli agreed to come to San Francisco at the expense of the Gladstone Foundation. They were accompanied by a Milan researcher, Dr. Guido Franceschini.

While they were at the SFGH General Clinical Research Center, numerous samples of their blood were collected and other tests and biopsies were performed. Scientific studies of their genetic defects will continue at the Gladstone Laboratories for several months.

The special resources and interdisciplinary staff of the General Clinical Research Center were essential to the research project. This 11-bed inpatient unit is wholly supported by the Division of Research Resources of the NIH through UCSF.

The center functions as a small "hospital within the hospital." It has its own trained nursing staff, its own laboratories and a metabolism kitchen where foods are precisely prepared, measured and weighed by dietitians. The metabolism kitchen was especially valuable in studying the effect of selected diets on aspects of the Dagnolis' abnormality.

This controlled environment makes it possible for SFGH faculty to conduct highly complex studies of many unusual disorders. It also helps researchers gain in-depth understanding of a variety of more ordinary diseases such as diabetes, chronic kidney diseases, alcoholism, drug addiction, sickle cell anemia and various forms of hypertension. Director of the center is Edward G. Biglieri, MD, professor of medicine and a world authority on hard-to-diagnose but operable tumors of the adrenal gland.

The center at SFGH is one of three directed by UCSF. The others are the Adult General Clinical Research Center, headed by R. Curtis Morris, MD, professor of medicine, and Pediatrics General Research Center, whose director is Arthur J. Ammann, MD, professor of pediatrics. Both centers are in Moffitt Hospital.

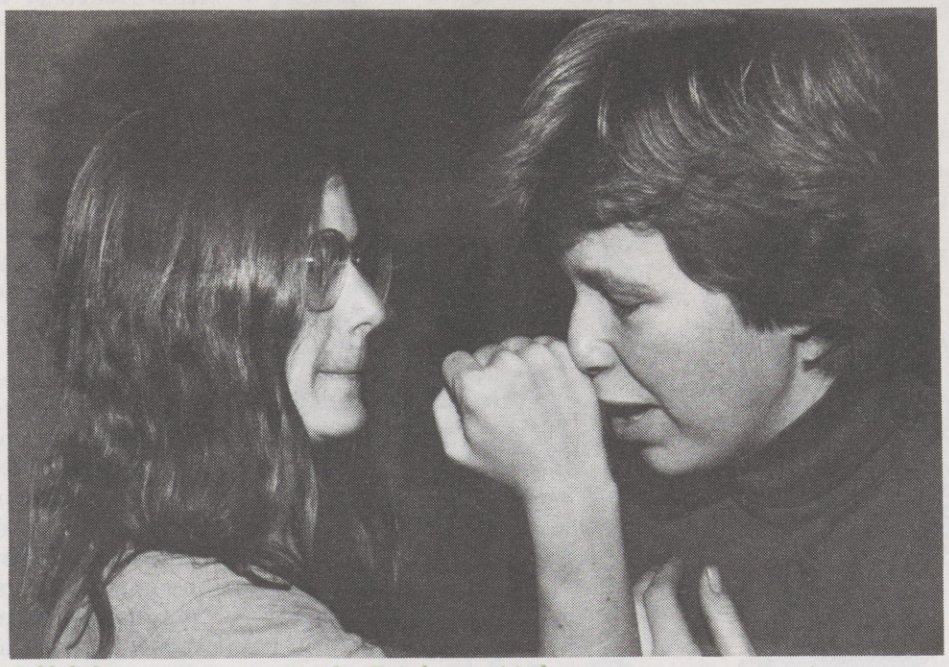
Claire Leeds Wray

Defense Classes Help Turn Fear to Anger

Early one weekend morning, a UCSF woman employee came to work. Away from heavy "traffic" areas with the slower pace of the weekend adding to her isolation, she was attacked from behind by an assailant soon after she arrived in her lab. He placed his hands over her mouth but, though she was startled, she responded quickly by bending his fingers back to his wrist, causing him to fall backward, then kicking him in the groin.

The assailant fled. He had not suspected that his potential victim, a very small woman, was the holder of a black belt in Akido. Even more important, for her and for a growing number of men and women, was the fact that she was able to react quickly, aggressively and defensively.

Classes to teach men and women how to defend themselves are now ongoing at UCSF. Spring offerings include 30-hour classes in tear gas, women's self-defense, and men's self-defense. A one-day workshop, offered free once a month to UCSF employees, and to the general public for $15, is also part of the safety program, as well as free 90-minute presentations for staff, faculty and students, featuring the film, "Chasing the Boogieman."



Self-defense instructor Trisha Brinkman (r) demonstrates a protective technique to student Heather Muse.

"Defense classes help channel fear into anger," said Amy Levine, director of the Rape Prevention Education Program at UCSF, which is coordinating these classes in cooperation with the UCSF Police Department.

Sgt. Jerome Graham, Officer Guy Teragawa and Lt. John Anderson, posing as assailants, take the punches and kicks from men and women students who are "working through their fear," according to Levine.

"Women have been taught to be polite to strangers," she says, "but just think of what you would do if someone were trying to attack your mother or your child. We should be just as protective of ourselves," she explains.

"In anything, practice makes perfect," says Levine. "Rehearsing your response to a potentially threatening situation helps prepare you to handle a confrontation, should one occur."

For schedules and costs of classes, call ext. 5683.

A Safety Reminder

Pick-up stations for the night shuttle, which runs between 5:30 p.m. and 2 a.m., are Moffitt Circle, considered the safest because more people are there; the bus shelters in front of Langley Porter Psychiatric Institute and at Fourth and Parnassus in front of the School of Dentistry; and the H level of the garage. There is also a pick-up point on Ninth Avenue in front of the "Donuts & Things" shop at the corner of Judah. For more information call ext. 1414.

Parking Lot Drawings on Display

Eight drawings of a proposed new motorcycle parking lot at Third and Parnassus Avenues are on display in Millberry Union lobby. The drawings were submitted to the Office of Design and Construction by second-year architectural students from San Francisco City College.

In a letter to Enrique Limosner, the students' instructor, Associate Vice Chancellor Thomas A. Rolinson wrote, "We were all impressed by the variety of concepts, the quality of the designs and the excitement they have generated here at the campus. We are very pleased to have ideas on how to make our campus blend more environmentally with the community."

Some of the ideas, including planting trees and a terrace, will be incorporated into the lot's final design. The redesigning is part of the Campus Beautification Program.

Her Work Is a Form of Prevention

One day a six-year-old boy, awaiting a blood test in the outpatient pediatric clinic, wandered into the toy-filled playroom. After playing with various toys, he was attracted to the doctor's coat. Lori Kaplan, child life teacher, handed it to him along with a real syringe, stethoscope and other medical instruments.

"He said he was going to have a shot," said Kaplan. "We discussed his fear. Since he was playing doctor, I asked him if he wanted to give a needle to me," and dialogue followed.

Kaplan: Is it going to hurt, doctor?
Child: No.
Kaplan: But yes, it does hurt a little and I think it's OK to cry.

Kaplan took the child to the small laboratory where shots were given. When it was his turn to go in, he sat still and cried minimally. "In general, everything went smoothly," said Kaplan.

The playroom, she explains, is more than a place for children to kill time while they're waiting for their appointments. "It is a safe, nonthreatening environment, conducive to play, which is what children normally do," she said. And Kaplan, the child life teacher, does more than babysit. With a BA in child development, a day care teacher credential and a child life credential, she uses in her work with children the techniques of doctor play and puppet therapy, as well as books about hospitalization, accepting the new sibling and death preparation.

"Some of the children have to come to the clinic for an extended period of time. I teach academic material. I try to help them understand the dynamics of family life, and prepare those who will be having new siblings for the arrival of the baby."

Kaplan, who has been at UCSF for about five months, works closely with doctors, nurses, social workers and parents, whom she encourages to participate with their children. She attends grand rounds at the Child Study Unit once a week to discuss and evalute the behavior of the children and the meaning of their play.

"Play helps a child understand the world around him, as well as his own existence," said Kaplan. "Through play therapy, the child expresses fears, anxieties, strengths."

Horror stories abound of adults who, frightened when they were children by some ghastly experience at the doctor's or dentist's, now avoid seeking medical treatment as long as they feel they are healthy. Kaplan believes her work, in a field that is 30 years old, is important as a form of prevention.

"With the knowledge we have now of trauma and what can help to heal the patient, we can improve on past errors. A good experience at the doctor's will be repeated. The results of this type of effort are years in the future," she said.

Recreational therapists for children patients in Moffitt Hospital are involved in work similar to Kaplan's. Irene Rubin plans and conducts activities in Moffitt Playroom, including doctor play, arts and crafts, parties, music, gardening, art projects. "Our program provides diversion, therapy and an opportunity for self-expression," said Rubin.

Recreational therapist Adrienne Burton works in the Children's Renal Center where she currently is conducting a study to determine whether aerobic exercise improves the metabolism of children who have end-stage renal disease. Some of the children are on hemodialysis, and others are on continuous ambulatory peritoneal dialysis.

Kaplan is called on from time-to-time to help prepare hospitalized children for surgery. She does this with puppet therapy. If time permits, she can be available to teach hospitalized children. Two hospital teachers are no longer at Moffitt because of the passage of Proposition 13.

"Many people understand the role of the child life teacher in the hospital setting, but don't see the necessity for such a person in the clinic setting. We see children who are waiting to see the physician or their siblings, or children of parents who are patients. For some it is day care, but for others it is therapy or preparation. It is not the length of stay that counts, but the level of anxiety the child is experiencing that matters," says Kaplan. *Jini Kilgore Robinson*

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Have Fun Outdoors This Winter

Outdoors Unlimited is offering a full range of winter activities of great recreational value for very low prices.

Every weekend through March, cross-country ski trips are planned for beginners as well as pros. A Snow Camping Clinic starts March 4; and a White Water Rafting Clinic starts March 11.

An exciting and unusual Adventure Ropes Course is also scheduled for this winter, as well as a whale-watching trip — the only one in the season's offerings designed for the entire family — at Monterey on March 21 and 22.

The ski trips, for groups of up to 15 people, cost $13 per person for the weekend, including two nights in a cabin at one of the four locations: South Lake Tahoe on Pioneer Trail, about five minutes from Heavenly Valley; near Mt. Lassen; in the Yosemite area; and North Lake Tahoe. Ski trips, according to Outdoors Unlimited director Steve Leonoudakis, are group experiences: travel is by carpool and a potluck meal is planned for Saturday night.

The cabins are modern, with three bedrooms and two baths, fully equipped with cooking and eating utensils, and designed to accommodate up to 20 people. Sleeping bags are encouraged. Sign-ups for trips are held on Monday, two weeks prior to the trip, at 24 Kirkham between 11:30 a.m. and 1:30 p.m. and from 4 to 6 p.m.

The South Lake Tahoe cabin is available to small groups and individuals between Monday and Friday for $45 a night minimum or at a rate of $8 per person a night. At least one of the persons in the party must be a UCSF employee, or student.

"We have more than 100 active volunteers who make our outdoor activities happen," said Leonoudakis. The cooperative group experience encourages participants, who pay so little for a full weekend of fun and skills learning, to volunteer as trip coordinators once they've learned.

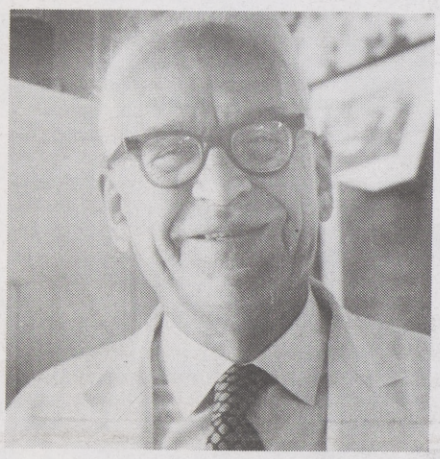
"On each trip, two experienced skiers will spend Saturday morning teaching beginners basic skills," said Leonoudakis. "Then the rest of the day is spent on a ski tour."

Outdoors Unlimited coordinator Mary Duffy has planned some special introduction activities for women who are unfamiliar with outdoor adventuring. Winter offerings include introduction to backpacking and camping, beginning climbing and cross-country skiing.

The March whale-watching trip to Monterey can include up to 39 people. A large fishing boat will be rented, and a naturalist will guide the watch. Leonoudakis says this is a good one for families. The second day of the trip includes a tour of Monterey Bay. The price is about $18 per person.

For more information on winter activities, call ext. 2078 between 11:30 a.m. and 1:30 p.m. or 4 to 6 p.m.

Chauncey Leake Day Planned



A day of planting trees and flowers on campus will be held in May. Affectionately named Chauncey Leake Day in honor of the late pharmacologist who died in 1978 at age 81 after devoting a half century of his life to UCSF, the day is part of the campus beautification program.

"Dr. Leake planted flowers here and there on his way to his office in the morning. He picked up litter, and did whatever he could to make the campus more beautiful," said Thena Trygstad, special assistant to the chancellor. "We hope this day will involve the entire campus."

Date and program details for Chauncey Leake Day will be announced later.

Literary Writers to Come to UCSF

A group of distinguished writers will hold a series of free seminars for the campus community on six Wednesday evenings in Millberry Union lounge, April 22 through May 27.

Writers Tillie Olsen, Thomas Sanchez, Bienvenido Santos, Hisaye Yamamoto and Al Young will read selections from their work, then talk with a four-person panel of Bay Area humanists and health scientists from UCSF.

The series will be moderated by M. Margaret Clark, PhD, professor and chairman of the Department of Medical Anthropology. Preceding each evening reading, afternoon discussion groups will be scheduled for UCSF students who want to meet the writers.

The goal of these seminars is to encourage the use of literature in the education of health professionals as a source of insight into our culturally diverse, but humanly similar, feelings about illness, health, family, loving and dying. The series is sponsored by Continuing Education in Health Sciences.

Olsen is the author of *Silences,* and is best known for her novella, "Tell Me a Riddle," which has been adapted for a film that recently opened in New York. Sanchez is the author of *Rabbit Boss* and *Zoot Suit Murders,* the latter a novel set in a Los Angeles barrio during World War II. Santos, author of *Scent of Apples,* has chronicled 35 years of Filipino-American life.

Yamamoto, who began writing as a young woman in an internment camp for Japanese-Americans, is best known for "Yoneko's Earthquake," which was included in Martha Foley's *Best American Short Stories of 1952.* Young is the author of *Snakes, Who is Angelina? Sitting Pretty* and *Ask Me Now.* He writes about the contemporary black American experience in California.

Partial funding for this series has been provided by the California Council of Humanities. The public is invited to attend all of the readings. For more information, contact Velma Parness, ext. 4728 or 3904.

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